

COURSE SYLLABUS



COURSE TITLE: KIN 135 - Introduction to Outdoor Sports

CLASS SECTION: 001

TERM: 2025 Winter

COURSE CREDITS: 3

DELIVERY METHOD(S): Lecture | Lab

Camosun College respectfully acknowledges that our campuses are situated on the territories of the Ləkʷəŋən (Songhees and Kosapsum) and WSÁNEĆ peoples. We honour their knowledge and welcome to all students who seek education here.

For COVID-19 Information please visit <https://legacy.camosun.ca/covid19/index.html>

MANDATORY COMMUNICATION FOR FIRST CLASS OF EACH COURSE:

The Kinesiology Department requires attendance during the first week of the term. If you do not attend or e-mail, and do not provide your instructor with a reasonable reason in advance, you may be removed from the course and the space offered to the next waitlisted student. For more information, please see the 'Attendance' section under 'Registration Policies for Students' [Registration Policies for Students | Camosun College](#)

INSTRUCTOR DETAILS

NAME: Dylan Harten

EMAIL: hartend@camosun.ca

OFFICE: PISE 114A (PISE gym)

HOURS: Meetings by appointment

As your course instructor, I endeavour to provide an inclusive learning environment. However, if you experience barriers to learning in this course, do not hesitate to discuss them with me. Camosun College is committed to identifying and removing institutional and social barriers that prevent access and impede success.

CALENDAR DESCRIPTION

Students will study the skills and practices required for the competent performance of a variety of outdoor-based activities and sports. Students will study correct technique, appropriate equipment selection and care, and basic safety considerations. They will develop an understanding of health and fitness outcomes associated with participation in various land and marine-based sports. Students will also examine important sociocultural aspects of outdoor sports including Indigenous ways of being and knowing, natural history, and environmental sustainability.

PREREQUISITE(S): None

CO-REQUISITE(S): None

EQUIVALENCIES: None

COURSE LEARNING OUTCOMES / OBJECTIVES

Upon successful completion of this course a student will be able to:

- Demonstrate knowledge of potential health and fitness benefits from regular participation in outdoor-based activities/sports.
- Demonstrate fundamental techniques, basic navigation skills, and safety procedures for land and marine-based activities/sports.
- Explain proper selection, preparation, and care of equipment for land and marine-based activities/sports.
- Identify the potential environmental and sociocultural impacts of various land and marine-based activities/sports.
- Identify key natural history characteristics of coastal British Columbia that can enhance the experience of participating in land and marine-based activities.
- Demonstrate basic knowledge and appreciation of Indigenous ways of being, knowing, and relationship to the land.
- Identify local and provincial resources/associations and advanced learning opportunities for a variety of outdoor-based activities and sports.

REQUIRED MATERIALS & RECOMMENDED PREPARATION / INFORMATION

a) Equipment:

- **Appropriate lab attire** - capable of performing exercise without movement restriction or discomfort
 - Running/Climbing/Hiking/Cycling/Paddling Attire
 - Backpack
 - Sun protection
- **Water** - Hydration between bouts of exercise
- **Notebook** - Jot down reminders of high-value practical concepts to reference later
- **Mindset** - An open mind and a desire to learn

b) Other: Various assigned readings identified throughout the course

Required readings and abbreviated lecture notes will be accessible online at Desire to Learn (D2L) (<https://online.camosun.ca/>) under the KIN 135 content page.

COURSE SCHEDULE, TOPICS, AND ASSOCIATED PREPARATION / ACTIVITY / EVALUATION

The following schedule and course components are **subject to change** with reasonable advance notice, as deemed appropriate by the instructor.

WEEK or DATE RANGE	Lecture Topics	Lab Topics
Week 1 (Jan 6)	Course Intro Fitness, Health, and Nature	Course Intro - Ice-breakers Stones (Interurban - Field) Reflection
Week 2 (Jan 13)	Benefits of Recreation and Leisure	Disc Golf - (Interurban - Layritz)
Week 3 (Jan 20)	Climbing & Hiking (Overview)	Climbing Carsa Gym - Sebastian (UVic - 11 Gabriola Rd, Victoria)
Week 4 (Jan 27)	Climbing & Hiking (Populations & Demands)	Hiking Francis King Hill - Lauren Sherwood (CRD - Munn Rd, Saanich)
Week 5 (Feb 3)	Indigenous Teachings and Concepts	Indigenous Leader at Goldstream (Finlayson Arm Rd, Langford) Reflection
Week 6 (Feb 10)	Quiz A	Bike Clinic (Interurban - Dome)
Week 7 (Feb 17)	Reading Week (No Class)	Reading Week (No Labs)
Week 8 (Feb 24)	Cycling (Overview)	The Pedaler - Dallas Road Ride (321 Belleville St., Victoria) Reflection
Week 9 (Mar 3)	Cycling (Populations & Demands)	The Pedaler - E&N Rail Trail to Galloping Goose (321 Belleville St., Victoria)
Week 10 (Mar 10)	Aquatics & Watersports (Overview)	Wlld Play - Climbing Course (1767 Island Hwy #15, Victoria) Reflection
Week 11 (Mar 17)	Aquatics & Watersports (Populations and Demands)	Palli Palli - Stand Up Paddle (SUP) Boarding (121 Presley Pl #2, View Royal)
Week 12 (Mar 24)	Quiz B	Ocean River Sports - Kayaking (Docks, 450 Swift St, Victoria)
Week 13 (Mar 31)	Final Presentations - Eco-Adventure	Dragon Boating - VI Paddling (521 Craigflower Rd, Victoria) Reflection
Week 14 (Apr 7)	Final Presentations - Eco-Adventure	Victory Lap - Stones (Interurban - Field) Final Course Reflection

Students registered with the Centre for Accessible Learning (CAL) who complete quizzes, tests, and exams with academic accommodations have booking procedures and deadlines with CAL where advanced notice is required. Deadlines can be reviewed on the [CAL exams page](#).

<https://camosun.ca/services/academic-supports/accessible-learning/academic-accommodations-exams>

EVALUATION OF LEARNING

DESCRIPTION	WEIGHTING
Quizzes (2 x 15%)	30
Final Presentation (20%)	20
Final Reflection (10%)	10
Reflections (5 x 4%)	20
Participation (20 x 1%)	20
If you have a concern about a grade you have received for an evaluation, please come and see me as soon as possible. Refer to the Grade Review and Appeals policy for more information. https://camosun.ca/sites/default/files/2021-05/e-1.14.pdf	TOTAL 100%

COURSE GUIDELINES & EXPECTATIONS

Attendance: Students are expected to attend class. A number of the classes are practical (“learn to” in nature); therefore, attendance, participation, and reflection in each activity module (Health & Nature, Climbing & Hiking, Indigenous Concepts, Cycling, Aquatics & Watersports) is required to pass the class. Students must attend a minimum of 75% of the classes unless extenuating circumstances have been communicated to the instructor. **In consultation with the instructor, any student who is unable to attend a lecture/lab will be required to perform a makeup assignment or attend a make-up session. This consultation must occur within 1 week of the excused absence.**

Missed Quizzes or Exams: Quizzes will remain open on D2L for a set period of time and must be written by the deadline scheduled on D2L. Any quizzes scheduled face to face must be written on the date scheduled. If a student is unable to write an exam through no fault of their own for medical or other reasons, valid documentation must be provided and/or discussed with the instructor. If a student who is absent has not made arrangements with the instructor in advance, a zero grade will be assigned.

Participation: Students will participate in activities to learn and practice a variety of practical skills. In the course of learning to perform techniques relevant to the course, students must make appropriate physical contact with other members of the class on a regular basis. Students will maintain optimum levels of safe behaviour (personal hygiene, decontamination of equipment, use of proper body mechanics, etc.) with a minimization of potential for personal injury. Students must come appropriately dressed to perform the activities of the course, and to allow for hands-on application of practical techniques.

STUDENT RESPONSIBILITY

Enrolment at Camosun assumes that the student will become a responsible member of the College community. As such, each student will display a positive work ethic, assist in the preservation of College property, and assume responsibility for their education by researching academic requirements and policies; demonstrating courtesy and respect toward others; and respecting expectations concerning attendance, assignments, deadlines, and appointments.

SUPPORTS AND SERVICES FOR STUDENTS

Camosun College offers a number of services to help you succeed in and out of the classroom. For a detailed overview of the supports and services visit camosun.ca/services.

Support Service	Website
Academic Advising	camosun.ca/academic-advising
Accessible Learning	camosun.ca/accessible-learning
Counselling	camosun.ca/counselling-centre
Career Services	camosun.ca/co-operative-education-and-career-services
Financial Aid and Awards	camosun.ca/financial-aid-awards
Help Centres (Math/English/Science)	camosun.ca/help-centres
Indigenous Student Support	camosun.ca/indigenous-student-services
International Student Support	camosun.ca/international
Learning Skills	camosun.ca/writing-centre-learning-skills
Library	camosun.ca/library
Office of Student Support	camosun.ca/office-student-support
Ombudsperson	camosun.ca/ombudsperson
Registration	camosun.ca/registration
Technology Support	camosun.ca/its
Writing Centre	camosun.ca/writing-centre-learning-skills

If you have a mental health concern, please contact Counselling to arrange an appointment as soon as possible. Counselling sessions are available at both campuses during business hours. If you need urgent support after-hours, please contact the Vancouver Island Crisis Line at 1-888-494-3888 or call 911.

COLLEGE-WIDE POLICIES, PROCEDURES, REQUIREMENTS, AND STANDARDS

Academic Integrity

Students are expected to comply with all College policy regarding academic integrity; which is about honest and ethical behaviour in your education journey. The following guide is designed to help you understand your responsibilities: <https://camosun.libguides.com/academicintegrity/welcome>
Please visit <https://camosun.ca/sites/default/files/2021-05/e-1.13.pdf> for Camosun's Academic Integrity policy and details for addressing and resolving matters of academic misconduct.

Academic Accommodations for Students with Disabilities

Camosun College is committed to achieving full accessibility for persons with disabilities. Part of this commitment includes arranging appropriate academic accommodations for students with disabilities to ensure they have an equitable opportunity to participate in all of their academic activities. If you are a student with a documented disability and think you may need accommodations, you are strongly encouraged to contact the Centre for Accessible Learning (CAL) and register as early as possible. Please visit the CAL website for more information about the process of registering with CAL, including important deadlines: <https://camosun.ca/cal>

Academic Progress

Please visit <https://camosun.ca/sites/default/files/2023-02/e-1.1.pdf> for further details on how Camosun College monitors students' academic progress and what steps can be taken if a student is at risk of not meeting the College's academic progress standards.

Course Withdrawals Policy

Please visit <https://camosun.ca/sites/default/files/2021-05/e-2.2.pdf> for further details about course withdrawals. For deadline for fees, course drop dates, and tuition refund, please visit <https://camosun.ca/registration-records/tuition-fees#deadlines>.

Grading Policy

Please visit <https://camosun.ca/sites/default/files/2021-05/e-1.5.pdf> for further details about grading.

Grade Review and Appeals

Please visit <https://camosun.ca/sites/default/files/2021-05/e-1.14.pdf> for policy relating to requests for review and appeal of grades.

Medical / Compassionate Withdrawals

Students who are incapacitated and unable to complete or succeed in their studies by virtue of serious and demonstrated exceptional circumstances may be eligible for a medical/compassionate withdrawal (see [Medical/Compassionate Withdrawals policy](#)). Please visit <https://camosun.ca/services/forms#medical> to learn more about the process involved in a medical/compassionate withdrawal.

Sexual Violence

Camosun is committed to creating a campus culture of safety, respect, and consent. Camosun's Office of Student Support is responsible for offering support to students impacted by sexual violence. Regardless of when or where the sexual violence occurred, students can access support at Camosun. The Office of Student Support will make sure students have a safe and private place to talk and will help them understand what

supports are available and their options for next steps. The Office of Student Support respects a student's right to choose what is right for them. For more information see Camosun's Sexualized Violence Policy:

<https://camosun.ca/sites/default/files/2021-05/e-2.9.pdf> and

camosun.ca/services/sexual-violence-support-and-education.

To contact the Office of Student Support: oss@camosun.ca or by phone: 250-370-3046 or 250-370-3841

Student Misconduct (Non-Academic)

Camosun College is committed to building the academic competency of all students, seeks to empower students to become agents of their own learning, and promotes academic belonging for everyone. Camosun also expects that all students to conduct themselves in a manner that contributes to a positive, supportive, and safe learning environment. Please review Camosun College's Student Misconduct Policy at <https://camosun.ca/sites/default/files/2021-05/e-2.5.pdf> to understand the College's expectations of academic integrity and student behavioural conduct.

Looking for other policies?

The full suite of College policies and directives can be found here:

<https://camosun.ca/about/camosun-college-policies-and-directives>

Changes to this Syllabus: Every effort has been made to ensure that information in this syllabus is accurate at the time of publication. The College reserves the right to change courses if it becomes necessary so that course content remains relevant. In such cases, the instructor will give the students clear and timely notice of the changes.